



[www.rawsomelivingfoods.ca](http://www.rawsomelivingfoods.ca)

## February Newsletter

February 2011



This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

[Dalai Lama](#)

February is Heart Month. Valentine's Day falls within this month. It is the time of love, forgiveness, passion, compassion, and kindness. It is a time to be gentle to our selves. It is a time to take heart and to take care of our heart.

The journey into eating raw living foods is one that creates mindfulness. With the foods we select and combine, we create dishes that speak to our hearts, minds, bodies and spirits. There are no raw fast food outlets, let alone raw food eateries where we live. We consciously have made a decision to eat in a way that speaks to our heart and whenever possible to create foods for others as a way to show gratitude for the bountiful place in which we live.

The degree we will be able to create food for others has been restricted. We were recently informed that we couldn't offer *Not a Café* events. It seems we offended someone and they filed a complaint with the By-law enforcement officer. My first thought was confusion, but then we began to think about opportunities. There is a need for good health, local organic food, and loving connections with like-minded souls. We believe that, where there is a will, there is a way and we look forward to being able to share the magic of raw, living food in whatever form the creator offers. And we will continue to do so, from the heart.

## ***A thought from Rawsome Coaching:***

*The doors we open and close each day decide the lives we live. - Flora Whittemore*

What excites me are the possibilities for change. It may be as simple as including a different vegetable in our green juice in the morning to something more dynamic like creating a new business approach. Rawsome Lifestyle Coaching [<http://www.rawsomecoaching.ca/>] has been somewhat static since its inception. Beginning this month, we are opening a new door and the look and feel of the Rawsome Lifestyle Coaching website will change to a blog format which will include weekly tips sent automatically into your email inbox. With a simple click of a yes or no link, you can determine if you want to receive the weekly Rawsome Lifestyle Tips. With the decision of a YES you can open the door to the possibility of a more balanced and healthful life.

### **Self-Coaching Activity:**

1. What door are you afraid to open?
2. What door keeps creaking open, teasing you with just a glimpse?
3. Think of a time you took a risk and the outcome was successful. What gave you the confidence to take that risk?
4. What would it take to push that door open?
5. Who can you tell to hold you accountable and congratulate you on the other side of the door?

Rawsome Lifestyle Coaching may just have the key you are looking for to open up the door to a new life. Chris Gay of Rawsome Lifestyle Coaching provides coaching support to women in transition about the way they are living and eating their way through life. Contact Chris for a free 30-minute coaching session at **Rawsome Coaching** [<http://www.rawsomecoaching.ca/>] or call 250-537-2048 or email [chriscgay@shaw.ca](mailto:chriscgay@shaw.ca)

Rawsome Coaching now has a new e-book called ***Eating Raw for a Day***. Find out how to access this book by emailing [chriscgay@shaw.ca](mailto:chriscgay@shaw.ca)



## **Upcoming Workshops and Events**

**For more details visit:**

**<http://www.rawsomelivingfoods.ca/events.html>**

### **Coming in February**

- **Dinner and Date Workshop - Reservations Required**  
Saturday February 12<sup>th</sup> from 7:00 pm to 9:00 pm
- **Bake Shop Workshop – learn to make crackers, bread, cookies – Reservations Required**  
Saturday February 26<sup>th</sup> from 1:00 pm to 3:00 pm

### **Coming in March**

- **Green Giant Workshop – Green Smoothies, Green Juices, Sprouts – Reservations Required**  
Saturday March 13<sup>th</sup> from 1:00 pm to 3:00 pm
- **Chef Level 1 – Tokyo – Some Travel Required**  
March 25<sup>th</sup> to 27<sup>th</sup> Full days

### **Coming in April**

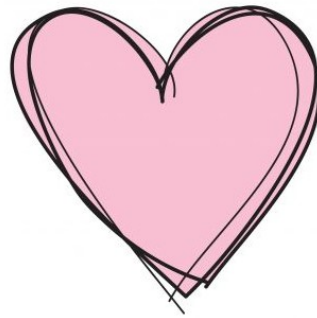
- **“Not Another Boring Salad” Workshop – Experimenting with salads – Reservations Required**  
Saturday April 9<sup>th</sup> from 1:00 pm to 3:00 pm

### **Coming in May**

***New territory!***

**For information and to MAKE RESERVATIONS  
Email: [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or call: 250-537-2048**

## ***Transition Tips:***



### **Taking Care of your Heart**

Every year, hundreds of people in middle life, especially men, are killed by a heart disease.

The toxic effect of overeating is the first great cause, and this is aided and abetted by processed food, sugar, fats, tobacco and alcohol, No heart can withstand the onslaught of abuse much beyond 63 years, and many will die much younger.

As of today, there is no satisfactory treatment for a “heart attack” known to medical science, and often not enough time to apply even an unsatisfactory effort. It is our responsibility to avoid bad eating habits and tune in to what our heart really needs for optimal health.

A normal heart beats 103,680 times a day. Imagine the enormous amount of vital energy needed to carry on this work. If you could live to a 100, your heart would pump over 3,784,320,000 times without skipping a beat.

The greatest enemy to a healthy heart is poor nutrition, or overeating of processed, refined and chemically incompatible foods. This is aggravated by the use of tobacco, alcohol, and coffee.

Healthy eating is essential to a healthy heart. Raw fruits, nuts and vegetables, whole grain products and natural sweets like raisins, figs and dates should form the dietary. These vital foods keep the blood stream clean and help heal degenerated arteries by producing general improved health.

Living in tension with its destructive emotions—anxiety, depression, worry, fear, apprehension—is one of the chief causes of coronary thrombosis. This mental tension makes us sick and miserable and exerts destructive forces through our nervous and hormonal systems.

Disease is a warning by nature that our bodies are poisoned; if signs are unheeded, deterioration will follow. Each disease is a crisis in life. Crisis means

decision. To recapture our health, we need to look at how we are living. Aside from healthy eating habits, take time for leisure activities and meditate.

We are provided at birth, in the words of the [Dalai Lama](#), with a temple. We need to care for these temples. It is our responsibility to provide the proper care to maintain the integrity and health of the temple. Choosing to follow healthy eating habits will bring rewards of health in body, mind and spirit.

## **Recipe of the month:**

### **Gumbo-by-golly**



<http://blog.fatfreevegan.com>

One of the oldest dishes in Louisiana, gumbo is a thick, dark soup containing a mixture of rice, vegetables, and meat or seafood. Yet when it comes to ingredients, the one constant in gumbo is variety **and okra**. Warm it slightly for a great winter meal.

- 2 cups tomatoes, peeled and roughly chopped
- 1/4 cup sun dried tomatoes
- 1/2 small clove garlic
- 6 large fresh basil leaves
- 1 tsp maple syrup or a Medjool date (optional for a sweeter flavour)
- 1/8 tsp curry powder
- 1/8 tsp of cayenne
- Cumin to taste
  
- 1/2 cup okra, young pods, cut in 1/2 inch slices
- 1/2 cup corn
- 2 Tbsps finely chopped sweet onion
- 1 celery stalk, with leaves, chopped fine
  
- 1 Tbsps minced parsley

Blend sun dried tomatoes, 1 cup of the chopped tomatoes, garlic, parsley, basil, maple syrup, curry powder, cayenne, and cumin in a blender.

Blend thoroughly and set aside while preparing the rest of the ingredients.

Mix the okra, corn, onion, and celery in a bowl.

Add the rest of the tomatoes to the mix in the blender and pulse a few times to keep mix chunky.

Pour the blended ingredients over the corn, onion and okra mixture in the bowl, mix.

Warm in dehydrator at 105° for 30 minutes or on the stovetop until warm to the touch. But it's great served at room temperature. Serve in a bowl with a garnish of parsley.

**NOTE:** Be creative and experiment with different vegetables and spices.